

Trigger Finger Release

Understanding Your Risks

This document outlines the potential complications associated with **trigger finger release**. This is a surgical procedure usually performed through a small incision in the palm near the affected finger or thumb to release the A1 pulley, allowing the flexor tendon to glide more freely.

The usual purpose of surgery is to **relieve symptoms of trigger finger, including painful catching, locking, clicking, stiffness, and difficulty bending or straightening the affected digit**, especially when symptoms persist despite nonoperative treatment such as activity modification, splinting, medications, or corticosteroid injection.

Risks:

- **Persistent or recurrent pain, catching, clicking, or locking**
- **Incomplete relief of symptoms or delayed improvement**
- **Finger stiffness or decreased range of motion**
- **Scar tenderness, sensitivity, or thickened scar tissue**
- **Swelling or prolonged soreness**
- **Tendon irritation, tendon injury, or tendon bowstringing**
- **Digital nerve injury causing numbness, tingling, sensitivity, or neuroma pain**
- **Blood vessel injury**
- **Infection, superficial or deep**
- **Bleeding or hematoma formation**
- **Wound healing problems**
- **Complex regional pain syndrome, also known as CRPS**

- **Need for therapy after surgery**
- **Need for revision surgery**
- **Medical complications including deep vein thrombosis, pulmonary embolism, cardiac or pulmonary events, which are rare**
- **Death, which is extremely rare**

Risk Factors for Increased Complications:

- **Diabetes**
- **Smoking or tobacco use**
- **Obesity**
- **Advanced age**
- **Inflammatory arthritis or other inflammatory conditions**
- **Multiple trigger fingers**
- **Revision surgery**

Patient Acknowledgment:

By signing below, the patient acknowledges understanding of the above risks associated with trigger finger release and all questions have been answered to the patient's satisfaction.

Patient Signature: _____ **Date:** _____

Patient Name: _____ **DOB:** _____